1: Turnbull E-4. 5 (1951-1955) 1965 FO4 Pygmies FO4
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000 would hasten the hour of birth. Pregnancy is
• 843 recognized by the cessation of the menses and the discoloration of the breasts. During pregnancy a woman is subject to various alimentary taboos, but otherwise lives her full, ordinary life, including the carrying of heavy loads of wood, carrying all household goods when moving camp, going in search of food, and other specific activities of women.

844 Customs attending childbirth vary from region to region, but Schebesta concludes that, although archers have no effective method of dealing with complications, the women normally give birth easily and without any particu-
[184] lar preparation. Although this account does not specifically relate to the Efe archers, Schebesta (1948, 402) writes that, from his observations throughout the forest, certain generalizations
844 are possible. Women alone are admitted to
412 assist in the childbirth. The father cuts the umbilical cord with an arrowpoint, or, among some bands, with a sharp piece of bamboo. Before metal blades were available, Schebesta (1948, 404) says that there is evidence that bamboo knives or sharp leaves were used.

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nose with leaves (Pygmy), making slight cuts on the stomach, arms, and knees and rubbing in herbal medicines (villager), and rubbing the stomach with cold water (both Pygmy and villager). While these activities were going on, children were playing about and running in and out of the hut where the pregnant woman was kept. Finally, the woman in labor, who, though in great pain, had never uttered a word of complaint was made to sit on a log, while one woman sat behind her and held her up, and another in front massaged the infant out. During the whole period of labor the woman's father and her husband were with her constantly. It was agreed that her difficulties resulted from her having broken a food taboo and eaten the flesh of an anteater.[1]

845 [197] [843]

Another aid used by the Pygmy woman during childbirth is described by Anne Putnam (1954, 165). The girl in labor is given one end of a liana to hold; the other end is tied to a tree. Each time the pains start, the girl pulls on the liana as her friends massage her stomach.

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her milk dries up and the child is given to someone else to feed, or if it is weaned early, then intercourse is apparently resumed. The third father, however, while acknowledging this to be the accepted pattern, began sleeping with his wife again within a month. This he did even though he had the rare advantage for an Mbuti of having two other wives. His action caused a major dispute. (See p. 207 *seq.*)

During pregnancy there are no restrictions; sexual activity in early pregnancy is believed to hurry matters along, and during the latter stages is merely considered uncomfortable, and possibly physically injurious to the child and mother.

As the evening settles in, nuclear families sit around their family hearths outside the huts, talking across the camp at each other until they go inside to sleep, or simply lie down to sleep by the fire (the women nearly always sleep inside, but youths and men frequently sleep on their hunting nets either by their own fire or by a central fire). Even when families have retired inside their huts, conversation continues between them. If there is any singing, other than of lullabies, the camp divides into age groups, each building its own fire. Unless there is an *elima* or *molimo* festival, there is no marked division between the sexes.

On retiring for the night family hearths are brought inside the huts, and any central fires are also brought inside unless someone is sleeping by them. When a central fire is broken up, each family tends to take an ember and add it to their own hearth. A fire is not left untended at night. During the night a man may awaken and stoke up a fire, warming himself by the blaze. At such times, when cold, the Mbuti smoke particularly heavily, and as a result they sometimes fall unconscious. They may fall into the fire and suffer serious burns, occasionally fatal, and this is one of the few generally cited causes of accidental death—other than falling from a tree.

On days when the hunt stays in the camp, because of rain or because some dispute has caused a rift, both men and women attend to specific chores. Men repair and add to their nets and make new bows and arrows; the women roll twine and work at basketry. Both may make and decorate bark cloth, a major activity on such a day. A good part of the day is always given to singing, dancing, playing games and storytelling. There is a constant shifting from family groupings to age groupings, but mealtime is the only time when there is a definite emphasis on the nuclear family. Even then, male youths, hunters and elders may take their food to a central fire and

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effective. The only indication of band interest in birth is the prohibition against married women procuring abortions, which are known and sometimes practiced among the unmarried girls, though rarely.

As far as the nuclear family is concerned the event arouses considerable happiness, and the mother's female age mates may gather with her to sing a few *elima* songs to celebrate the blessing of motherhood; a childless woman is regarded as the most unfortunate of beings. A few of the younger youths may show some interest, as the new child will before long become their responsibility for protection and instruction. After a few days, when the child is brought freely into the open, the hunters and elders will fondle it and compliment the parents. The father is as proud as the mother, and just as likely to carry the child around to show it off.

Medical precautions are minimal. The mother is likely to be off on the hunt, or on the trail somewhere when birth takes place; there is no lessening of activity for her during pregnancy. Childbirth is said to be effected easily, with complications only rarely happening. Any woman may act as midwife; the father should not be present. If there is delay the expectant mother may be massaged to help delivery, or she may be brought away from the camp into the forest, and sat close to a tree against which she pulls with a vine rope. Within two hours of delivery, if birth took place in the camp, the mother is apt to appear in the doorway of her hut, with a bundle wrapped in bark cloth held in her arms. Within the same period of time, if birth took place on the trail, she will continue her journey.

Although the father is not present at the birth in person, it must be one of his arrow blades, or formerly a wooden or leaf knife made by him, that will cut the umbilical cord. The blade is kept with the cord until the child is old enough to make a bundle of them both, take them to a stream and bury them where they will get carried away by the next flood waters.

There is also knowledge of a custom of couvade, though I did not find anyone who had practiced it. If the birth is slow, the father takes off all his clothes and his sister-in-law washes and rubs him. She then goes to the place of labor, and when the child is born returns to the father, who must make a token gift before he can clothe himself again.

The father, and the mother's brother, if he is in the camp, cut special vines daily and sprinkle their juices over both the baby and the mother, "to make them strong." Some of these vines contain so much

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had either given in or had actually encouraged Ekianga, and Amabosu had supported her. This brought a mild cry of protest from Amabosu, and hearing it Arobanai rounded on him and asked him whether or not he was an Mbuti, for he had not behaved like one. What did it matter whether he was out of the same stomach as Kamaikan or not, were they not all *apua'i* (the term of friendship that covers brothers, sisters and age mates)? And was it not more important whether something was right or wrong than whose stomach who came from?

Finding this an unexpectedly dramatic declaration, and one which made Moké visibly sit up, and almost certainly feeling somewhat fatigued, Arobanai suddenly stopped and brightly said that she was going to get some sleep, the rest could do as they pleased. As she strode into her hut Moké came over and stirred at the central fire. Not addressing anyone in particular he said that this thing had gone on long enough, and that he did not want to hear another word about it. He said that if disputes continued they would kill the camp completely and absolutely, that the forest would refuse to accept the band and would send all its hunts back empty. And what Ekianga did was a matter for him to think about, for if he continued sleeping with Kamaikan it would almost certainly kill their child, and that would again displease the forest. He ended by saying, still staring carefully at the fire, "It is no longer a matter for us, it is a matter for the forest."

20. A month or so later Kamaikan's young son became ill. Arobanai was not in the camp at the time, but Loku was. Nobody mentioned Moké's warning that the boy would become ill if Ekianga continued sleeping with Kamaikan (as he did), and Amabosu was shouted down when he appeared about to say something to this effect. He changed his mind and went over to Loku, and said that she was to blame; she would have to cure the child by cicatrizing it. In the village this is tantamount to an accusation of sorcery, cicatrization being an admission of unknowing guilt by which the accused at the same time absolves himself and does all that is possible to negate the curse. The Mbuti know the belief and the custom, and sometimes, as in a case like this, they follow the custom without following the belief. Loku put up the expected resistance to the idea, and Amabosu chased her with a stick. The youths and hunters followed the show with enjoyment, and Manyalibo made jokes about nobody daring to come near him because he was the biggest sorcerer of all. Eventually Loku